What is claimed is:

1. A weightlifting apparatus for supporting a dumbbell, the apparatus comprising :

first and second side frames;

elevation adjustment means carried on the first and second side frames; and

at least one dumbbell support coupled to the elevation adjustment means for supporting a dumbbell in a plurality of different elevations.

2. The weightlifting apparatus of claim 1 wherein the dumbbell support comprises:

an angularly adjustable, pivotal portion adapted for receiving and supporting a dumbbell.

3. The weightlifting apparatus of claim 2 wherein the angular adjustable, pivotal portion includes a dumbbell receiver for supporting the dumbbell.

4. The weightlifting apparatus of claim 3 further comprising:

a notch formed in the dumbbell receiver to facilitate access to the dumbbell mounted on the angularly adjustable, pivotal portion.

5. The weightlifting apparatus of claim 3 wherein the dumbbell receiver comprises:

a plate pivotally coupled to the crossbar mount, the plate including a plurality of spaced apertures; and

a latch carried on the crossbar mount and releasably engagable with one of the apertures to adjust the angular position of the plate with respect to the crossbar mounting portion.

6. The weightlifting apparatus of claim 2 wherein the crossbar mounting portion comprises:

a collar mountable over the crossbar.

7. The weightlifting apparatus of claim 1 further comprising:

a horizontal crossbar engaged with the elevation adjustment means, the dumbbell supports mounted on the crossbar.

8. The weightlifting apparatus of claim 7 when the dumbbell support comprises:

a crossbar mounting portion for movably adjusting the dumbbell support along the crossbar.

9. The weightlifting apparatus of claim 8 further comprising:

means for latching the crossbar mounting portion to the crossbar in one of a plurality of positions along the crossbar.

10. The weightlifting apparatus of claim 8 further comprising:

means for latching the crossbar mounting portion to the crossbar in a plurality of discrete positions.

11. The weightlifting apparatus of claim 10 wherein the latching means comprises:

a plurality of spaced apertures along the crossbar; and

a spring biased pin carried on the crossbar mounting portion releasably engagable with one of the apertures in the crossbar.

12. The weightlifting apparatus of claim 7 wherein the dumbbell support comprises two dumbbell supports.

13. The weightlifting apparatus of claim 1 wherein the elevation adjustment means comprises:

a threaded screw supported on each of the first and second side frames;

a rotative drive coupled to both screws for bi-directionally rotating both screws; and

the dumbbell support coupled to each of the screws for elevational movement.

14. The weightlifting apparatus of claim 13 further comprised:

a horizontal crossbar movably coupled to each screw, the dumbbell support carried on the crossbar.

15. The weightlifting apparatus of claim 13 wherein the drive comprises:

a electric motor mounted to the first and second side frames, the motor

the electric motor having an output shaft; and

an elongated member extending to and coupled to each screw and to the output shaft for transmitting rotation of the motor output shaft to each of the screws.

16. The weightlifting apparatus of claim 13 further comprising:

a rotative drive coupled to both screws for bi-directionally rotating both screws, the drive including:

a first rotatable member;

second and third rotatable members each fixedly coupled to one of the screws; and

an elongated member extending to and coupled to each of the first, second and third rotatable members for transmitting rotation of the drive to each of the screws.

17. The weightlifting apparatus of claim 16 wherein:

the first, second and third rotatable members include teeth; and

the elongated member includes teeth meshingly engagable with the teeth on the first, second and third rotatable members.

18. The weightlifting apparatus of claim 16 wherein the drive comprises:

a rotatable shaft coupled to the first rotative member such that rotation of the shaft rotates the first rotative member.

19. A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a horizontal crossbar extending between the first and second side frames;

a pair of dumbbell supports movably mounted on the crossbar; and

a latch on each dumbbell support for releasably latching each dumbbell support in a horizontally adjustable position along the crossbar.

20. The weightlifting apparatus of claim 19 wherein the latch comprises:

a plurality of spaced apertures formed along the crossbar; and

a latch pin carried on the each dumbbell support, the pin releasably engagable with one of the apertures in the crossbar to releasably latch the dumbbell support in a selected horizontally adjustable position along the crossbar.

21. The weightlifting apparatus of claim 20 further comprising:

a pair of dumbbell supports movably mounted on the crossbar; and

a latch on each dumbbell support for releasably latching each dumbbell support in a horizontally adjustable position along the crossbar.

22. The weightlifting apparatus of claim 21 further comprising:

the crossbar mounting portion carried on each dumbbell support and movable along the crossbar;

an angularly adjustable, pivotal portion coupled to the crossbar mounting portion, for receiving and supporting a dumbbell;

a dumbbell receiver carried on the pivotal portion; and

means for locking the dumbbell receiver in one of a plurality of angular positions with respect to the crossbar mounting portion.

23. A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a horizontal crossbar extending between the first and second side frames;

a pair of dumbbell supports movably mounted on the crossbar;

the crossbar mounting portion carried on each dumbbell support and movable along the crossbar;

an angularly adjustable, pivotal portion coupled to the crossbar mounting portion, for receiving and supporting a dumbbell;

a dumbbell receiver carried on the pivotal portion; and

means for locking the dumbbell receiver in one of a plurality of angular positions with respect to the crossbar mounting portion.

24. A weightlifting apparatus for supporting a dumbbell, the apparatus comprising:

first and second side frames;

a crossbar extending horizontally between the first and second side frames;

elevation adjustment means carried on the first and second side frames and coupled to the crossbar for moving and supporting the crossbar in a plurality of different elevations;

at least one dumbbell support coupled to the crossbar for supporting a dumbbell; and

a foot rest disposed within the first and second side frames.

25. The weightlifting apparatus of claim 24 wherein the foot rest comprises:

a support frame providing vertical and for/aft adjustable positioning of a foot support member.